

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. If the AED advises “no shock,” you should:
  - A) perform CPR for 2 minutes and reassess.
  - B) determine whether the patient is breathing.
  - C) reanalyze the patient's cardiac rhythm.
  - D) check for a pulse for up to 10 seconds.
  
2. Which of the following statements regarding arterial bleeding from an extremity is correct?
  - A) Arterial bleeding is not as serious as capillary bleeding.
  - B) Your first action should be to elevate the injured extremity.
  - C) Arterial blood will surge from the wound with each heartbeat.
  - D) This type of bleeding is easier to control than venous bleeding is.
  
3. The first link in the chain of survival involves:
  - A) cooling the body to protect the brain.
  - B) the administration of drugs by paramedics.
  - C) recognizing cardiac arrest and calling 9-1-1.
  - D) performing defibrillation within 2 to 3 minutes.
  
4. A child is *most* accurately defined as a person who:
  - A) is still in elementary school.
  - B) weighs less than 100 lb (45.4 kg).
  - C) is younger than 8 years.
  - D) is between 1 year and the onset of puberty.
  
5. A pulse is generated when the:
  - A) heart contracts and sends a wave of pressure through the arteries.
  - B) veins of the body contract in response to contraction of the heart.
  - C) heart relaxes and pressure on the walls of the arteries is relieved.
  - D) arteries contract in response to the strong pumping force of the heart.
  
6. Compared to veins, arteries:
  - A) carry blood back to the heart under low pressure.
  - B) are thin-walled and carry blood back to the heart.
  - C) carry blood away from the heart at high pressure.
  - D) return blood back to the heart and are thick-walled.

7. Thick bands of tissue that connect two bones together are called:
- A) joints.
  - B) tendons.
  - C) cartilage.
  - D) ligaments.
8. If you are alone with an unresponsive adult patient, you should first:
- A) check the pulse for no longer than 10 seconds.
  - B) quickly visualize the patient's chest to look for signs of breathing.
  - C) activate the EMS system and return to the patient.
  - D) perform 2 minutes of CPR and then activate the EMS system.
9. In addition to CPR, many EMRs are also trained to perform:
- A) advanced airway care.
  - B) automated external defibrillation.
  - C) intravenous therapy.
  - D) medication administration.
10. Before focusing your attention on any injured limb, you must:
- A) stabilize the patient's airway, breathing, and circulation.
  - B) take at least one set of vital signs.
  - C) check all limbs for possible injury.
  - D) always wear full facial protection.
11. After taking standard precautions, initial treatment of an open deformed extremity injury involves:
- A) covering the wound and controlling bleeding.
  - B) realigning the extremity to facilitate splinting.
  - C) quickly applying a splint to prevent further injury.
  - D) checking circulation and sensation in the extremity.
12. Which of the following statements regarding the heart is false?
- A) The heart functions as the human circulatory system's pump.
  - B) The lower chambers of the heart are the left and right ventricles.
  - C) The atria are reservoirs for blood returning from the body and lungs.
  - D) The atria are highly muscular and do most of the pumping for the heart.

13. A cardiac arrest patient's *most* crucial contact with the EMS system occurs when:
- A) trained EMRs arrive at the patient's side.
  - B) medical control is made aware of the situation.
  - C) paramedics arrive and administer advanced care.
  - D) the receiving hospital is made aware of the situation.
14. Most patients in shock should be placed in a \_\_\_\_\_ position.
- A) supine
  - B) prone
  - C) sitting
  - D) semisitting
15. If a rescuer is alone with an infant or child who is in cardiac arrest, when should the rescuer activate the EMS system?
- A) As soon as cardiac arrest is confirmed
  - B) After 3 to 5 minutes of rescue breathing
  - C) After five cycles (about 2 minutes) of CPR
  - D) When the rescuer is too exhausted to continue
16. If a patient is found to be unresponsive, the EMR's first action should be to:
- A) apply the AED immediately.
  - B) assess for breathing and check for a pulse.
  - C) manually open the patient's airway.
  - D) begin CPR, starting with chest compressions.
17. Which of the following statements regarding fractured bones is correct?
- A) An open fracture occurs when the skin overlying the fracture is not intact.
  - B) Osteoporosis strengthens the bone and makes it much less likely to fracture.
  - C) It requires much more force to cause a closed fracture than an open fracture.
  - D) Open fractures are the most common type of fracture you will encounter.
18. Which of the following represents the *most* correct treatment sequence for a patient with unwitnessed cardiac arrest?
- A) Attach the AED and defibrillate once if indicated, begin CPR, and reassess in 2 minutes.
  - B) Attach the AED and defibrillate up to three times if indicated, check for a pulse, and resume CPR.
  - C) Begin CPR, attach the AED and defibrillate once if indicated, resume CPR, and reassess in 2 minutes.
  - D) Check for a pulse for up to 10 seconds, attach the AED and defibrillate once if indicated, and perform 10 cycles of CPR.

19. What is the proper location for performing chest compressions on a child or adult patient?
- A) Upper third of the patient's sternum
  - B) Center of the chest, in between the nipples
  - C) Below an imaginary line in between the nipples
  - D) Lower part of the sternum, over the xiphoid process
20. Which of the following *most* accurately describes shock?
- A) Massive internal bleeding
  - B) Cardiovascular system collapse
  - C) Excess carbon dioxide removal
  - D) Failure of the respiratory system
21. Which of the following splints can be molded to the shape of a severely deformed limb to splint it in the position found?
- A) Aluminum splints
  - B) Padded board splints
  - C) Folded cardboard splints
  - D) SAM or padded wire ladder splints
22. As shock progresses in severity, breathing becomes:
- A) deep and rapid.
  - B) rapid and shallow.
  - C) slow and irregular.
  - D) deep and irregular.
23. A patient in cardiac arrest stands the greatest chance for survival if he or she:
- A) takes no medications.
  - B) receives early defibrillation.
  - C) is younger than 50 years of age.
  - D) receives timely two-rescuer CPR.
24. In addition to severe bleeding, the *most* significant risk associated with open fractures is:
- A) swelling.
  - B) severe pain.
  - C) infection.
  - D) nerve damage.

31. The circulatory system consists of all of the following components, *except*:
- A) veins.
  - B) alveoli.
  - C) arteries.
  - D) the heart.
32. Skills commonly performed by the EMR include all of the following, *except*:
- A) treating shock.
  - B) splinting fractures.
  - C) hemorrhage control.
  - D) intravenous therapy.
33. Which of the following statements regarding complications of CPR is correct?
- A) Proper hand position totally eliminates the risk of broken ribs.
  - B) Gastric distention will occur if rescue breaths are too shallow.
  - C) Ribs or cartilage may be broken despite proper CPR technique.
  - D) Regurgitation is an uncommon occurrence during cardiac arrest.
34. If a patient appears to be in shock or is unconscious, you should attempt to locate the \_\_\_\_\_ first.
- A) radial pulse
  - B) carotid pulse
  - C) femoral pulse
  - D) posterior tibial pulse
35. Muscles are attached to bones by:
- A) joints.
  - B) tendons.
  - C) cartilage.
  - D) ligaments.
36. Most external bleeding can be controlled by:
- A) elevating the injury site.
  - B) loosely applying a tourniquet.
  - C) applying light dressings to the wound.
  - D) applying direct pressure to the wound.

37. An important aspect of splinting is to:
- A) carefully straighten an injured joint before applying a splint.
  - B) always realign a deformed extremity prior to applying a splint.
  - C) check distal circulation and sensation before and after splinting.
  - D) immobilize the major joint that is immediately below the injury.
38. General principles of splinting include all of the following, *except*:
- A) noting and recording circulation and sensation.
  - B) removing clothing to inspect for open wounds.
  - C) covering open wounds after applying the splint.
  - D) immobilizing the joint above and below the injury.
39. While caring for a patient in anaphylactic shock, your *most* important concern should be to:
- A) maintain body temperature.
  - B) monitor the airway for swelling.
  - C) administer the patient's medication.
  - D) provide continuous emotional support.
40. Oxygen passes from the blood cells into the cells of body tissues:
- A) at the capillary level.
  - B) within the body's small veins.
  - C) when the body has low oxygen levels.
  - D) when the body has high carbon dioxide levels.
41. When inspecting an injured limb, you should *first*:
- A) compare the injured limb to the uninjured one.
  - B) ask the patient to try to move the injured limb.
  - C) gently feel the injured limb for any tenderness.
  - D) gently cut away any clothing covering the limb.
42. Any time you approach a patient with a soft-tissue injury, your *most* immediate priority should be to:
- A) cover the injury.
  - B) control all bleeding.
  - C) ensure a patent airway.
  - D) take standard precautions.

43. When performing chest compressions on any patient, it is important to:
- A) compress the chest to a depth of 1" to 2" (2.5 to 5 cm).
  - B) allow the chest to fully recoil between compressions.
  - C) deliver two rescue breaths after every 15 chest compressions.
  - D) rest your fingers on the chest wall to help support your hands.
44. Which of the following interventions would the EMR *most* likely perform at the scene of a cardiac arrest?
- A) CPR and defibrillation
  - B) Insertion of an endotracheal tube
  - C) Administration of certain medications
  - D) Initiation of an intravenous line
45. A patient who has experienced cardiac arrest:
- A) is unconscious, not breathing, and pulseless.
  - B) rarely does so as a result of trauma or electrical shock.
  - C) is not breathing, but often has a weak carotid pulse.
  - D) cannot be resuscitated after 5 minutes of cardiac arrest.
46. Blood is pumped throughout the entire body after it:
- A) circulates within the liver.
  - B) has been filtered by the kidneys.
  - C) has picked up oxygen in the lungs.
  - D) leaves the right ventricle of the heart.
47. Which of the following would be the EMR's *most* important initial responsibility when arriving at the scene of a multiple-patient incident?
- A) Advising the dispatcher that additional resources will be needed
  - B) Protecting bystanders from any hazards that may exist at the scene
  - C) Quickly gaining access to all patients and begin immediate treatment
  - D) Assessing the environment to detect possible threats to his or her safety
48. You have just applied an air splint to a patient's injured forearm. When inflating the splint, you should:
- A) connect the splint to an oxygen cylinder and inflate the splint until it is firm.
  - B) inflate it by mouth until the plastic can be depressed slightly with your finger.
  - C) use a foot pump to inflate the splint and stop when the distal pulse weakens.
  - D) connect the zipper shut after you have inflated the air splint with your mouth.

49. Which of the following statements regarding chest compressions on an infant is correct?
- A) Compress the sternum approximately one third the depth of the chest.
  - B) Use the heel of one hand and compress the chest at a rate of 100 times per minute.
  - C) Deliver two breaths after every 15 compressions if you are the only rescuer present.
  - D) More compression force is needed in the infant to ensure that blood is adequately circulated.
50. The *best* indicator of an underlying fracture or dislocation is:
- A) swelling.
  - B) severe bruising.
  - C) point tenderness.
  - D) pain with motion.



## **Answer Key**

1. A
2. C
3. C
4. D
5. A
6. C
7. D
8. C
9. B
10. A
11. A
12. D
13. A
14. A
15. C
16. A
17. A
18. C
19. B
20. B
21. D
22. B
23. B
24. C
25. A
26. D
27. C
28. B
29. D
30. D
31. B
32. D
33. C
34. B
35. B
36. D
37. C
38. C
39. B
40. A
41. D
42. D
43. B
44. A

- 45. A
- 46. C
- 47. D
- 48. B
- 49. A
- 50. C